



33 Day

Superfood Jumpstart



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Statistics show that processed foods make up about 70 percent of the typical American's diet - a truly frightening fact. Just because something is able to be eaten, chewed and digested does NOT make it an actual food. So many chemical processes and additives are used in manufacturing nowadays that even foods that start out natural end up in an unrecognizable, artificial state.

Suffice it to say, it is far better for your health to consume foods in their whole state, as close to nature as possible. These foods are packed with essential vitamins and minerals, and will provide energy for your body.

Superfoods are among the elite of the whole foods, and have a plethora of health-promoting properties that

put them in a class all of their own. Learning how to incorporate these foods into your diet, everyday will help bring about good health and longevity.

In this book, we have put together recipes for some of our favorite Superfoods for you to enjoy.

Remember, always buy organic in order to maximize the benefit.

Happy cooking!





Kefir

Kefir is an ancient beverage made by fermenting milk with kefir grains, which produces a host of beneficial bacteria. It is thought to have originated in the North Caucasus mountains of eastern Europe and Asia, where shepherd nomads developed the recipe. Kefir grains are associated by some with the prophet Muhammad, who legendarily blessed them.

The word kefir comes from the Turkish word 'keif,' which translates to a state of good feeling. The recipe for making

kefir was originally kept as a family secret, and was considered a sign of status and wealth. In the early 1900s, when the secret to kefir became more well-known in Russia, it was used medicinally in Moscow as part of treatment plans for tuberculosis and other maladies, with reported success.

It is thought that kefir is one reason behind the larger-than-average centenarian population of certain parts of Russia and other nations bordering the Caucasus.

Kefir grains are composed of a combination of beneficial bacteria and yeast, mixed with milk proteins and complex sugars. They resemble small clumps of cauliflower, and are strained out of the kefir once the fermentation process is complete. While kefir is usually made from milk (any type can be used), it can also be made from other beverages, such as coconut water.



Nutritional Profile

This ancient elixir contains:

- ◆ Biotin
- ◆ Calcium
- ◆ Magnesium
- ◆ Phosphorus
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamins B1 and B12
- ◆ Vitamin D

Health Benefits

Probably the most noteworthy benefit of kefir is its probiotic activity. Probiotics are beneficial bacteria that balance out harmful bacteria in the gut, promoting optimal digestive health, as well as boosting overall health. Two of these beneficial bacteria strains are lactobacilli and bifidobacteria, which are normally produced in the large intestine. Adding more of these bacteria through diet can alleviate uncomfortable digestive ailments such as irritable bowel syndrome (IBS), bloating, constipation and diarrhea.

The probiotic components of kefir make it a great part of a weight loss program, and may even help to reduce belly fat, when consumed as part of a nutritious diet coupled with regular exercise. If you have been ill and have had to take a course of antibiotics, kefir is very beneficial for restoring optimal gut bacteria balance in the digestive tract, as antibiotics tend to destroy good bacteria along with the bad. This is why you may feel stomach pain and/or experience diarrhea after antibiotics: kefir can greatly ease these symptoms.

Kefir contains complete proteins, which are easily digestible thanks to the probiotic content. Many lactose intolerant individuals, while unable to ingest other dairy products, can still enjoy kefir, as much of the lactose is broken down by the bacterial cultures.



In fact, some research shows that drinking kefir can make some people more tolerant of lactose over time. For a completely lactose-free kefir, coconut kefir water is a great option, which provides all of the benefits of coconut water along with the probiotic perks of kefir.

This beverage contains many important vitamins and minerals. One of these is vitamin D, which helps the body to absorb calcium, and also boosts immunity and reduces inflammation. Kefir also contains the minerals calcium and phosphorus, which are important to strengthening bones and helping to prevent osteoporosis. The B-vitamins found in kefir are important to the optimal function of the liver, kidneys and nervous system, as well



as to maintaining energy and keeping skin looking its best.

Additionally, kefir can help to reduce anxiety and promote better sleep, thanks to the essential amino acid tryptophan. Tryptophan is widely recognized for its ability to help relax

the nervous system, and is one of the reasons that dairy products consumed before bedtime can help curb insomnia.

To get the most nutrition out of your kefir, choose an organic variety made from the milk of grass-fed cows,

goats or sheep. If you do not wish to consume dairy, organic coconut kefir water is another excellent option.



Cherry Berry Kefir Smoothie

Ingredients:

- ◆ 1 cup kefir
- ◆ 1/2 cup fresh cherries, pitted
- ◆ 1/2 cup frozen blueberries
- ◆ 1 tablespoon honey
- ◆ 1/4 cup ground flax seeds

Instructions:

Place all ingredients in a blender. Mix until well blended. Pour into a glass and drink while cold.

Blender Kefir Ice Cream

Ingredients:

- ◆ 3/4 cup of kefir
- ◆ 1 cup frozen fruit of your choice
- ◆ 1 tbs honey
- ◆ One handful of Ice ice

Instructions:

1. Place all ingredients in a blender.
2. When thick and creamy, scoop into a bowl and serve.

Raspberry Kefir Breakfast Bowl

Ingredients:

- ◆ 1 cup kefir
- ◆ 1/2 cup fresh raspberries
- ◆ 1/4 cup fresh lemon zest
- ◆ 1/4 cup chia seeds
- ◆ 1 teaspoon maple syrup

Instructions:

3. Mix kefir and raspberries together in a bowl.
4. Sprinkle lemon zest and chia seeds.
5. Add a drizzle of maple syrup and enjoy.



The word kefir comes from the Turkish word 'keif,' which translates to a state of good feeling.



Cucumber Kefir Salad

Ingredients:

- ◆ 3 large cucumbers, peeled and chopped
- ◆ 3 cloves garlic
- ◆ 1 teaspoon sea salt
- ◆ 1 quart kefir
- ◆ 2 tablespoons dried mint leaves

Instructions:

1. Mash the garlic and sea salt together in a bowl.
2. Mix the kefir into the mashed mixture.
3. Add cucumber and and mint and mix to combine.
4. Chill and serve.

Kefir Beef Stew

Ingredients:

- ◆ 1 cup red pepper, chopped
- ◆ 2 cups red onion, chopped
- ◆ 1 cup green pepper, chopped
- ◆ 1 tbsp minced garlic
- ◆ 1 cup carrot chopped
- ◆ 1 cup celery, chopped
- ◆ 1 cup lima beans
- ◆ 1 cup chick peas
- ◆ 2 cups tomato paste
- ◆ 1 1/2 cups diced tomato
- ◆ 1 lb beef roast
- ◆ Salt and pepper to taste.
- ◆ 1 tbsp garlic powder

Instructions:

1. Mix all ingredients in a large pot.
2. Cover the pot and place and lid and simmer for 3 hours or until meat is tender.
3. Serve stew while warm.





Jicama

Jicama (*Pachyrhizus erosus*) is a tropical root vegetable in the legume family. It is native to South and Central America and Mexico, but has also been widely cultivated across China and Southeast Asia since Spanish explorers brought it to the Philippines in the 1600s. This refreshing root has many names, including yam bean, Mexican yam, Mexican water chestnut, Mexican turnip and Chinese potato.

During the time of ship exploration and long journeys over the sea, jicama was often brought along on the voyage. It stored for a long period of time without rotting, and could quench thirst due to its high water content.

The flesh of the jicama root (the only edible part of the plant) is white and crispy, with a mild flavor reminiscent of a turnip or a potato, only sweeter. The root itself usually weighs between one and six pounds, and sprouts into a leafy, inedible vine. Jicama flesh can be eaten raw, or mashed like a potato.

Nutritional Profile

These tropical roots contain:

- ◆ Calcium
- ◆ Copper
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Manganese
- ◆ Pantothenic acid
- ◆ Potassium
- ◆ Protein
- ◆ Vitamin A
- ◆ Vitamins B1, B2, B3 and B6
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Zinc



Health Benefits

Although jicama is starchy, the type of starch that it contains is largely composed of the soluble fiber inulin, a type of carbohydrate that does not metabolize in the body and therefore does not cause spikes in blood sugar. In the gut, inulin has prebiotic properties and supports healthy gut bacteria, which can improve digestion, and may even help to prevent colon cancer.

Another benefit of inulin is its ability to boost the absorption of calcium from foods, aiding in bone health. It also works to lower LDL 'bad' cholesterol levels in the blood, contributing to heart health. Like other forms of fiber, inulin can keep you feeling full, decreasing the tendency to overeat, and providing energy throughout the day.

Jicama can also boost heart health due to its potassium content, which helps to regulate heartbeat and reduce the risk of cardiovascular disease.

Other minerals found in jicama,

including folate and magnesium, also work to keep the cardiovascular system in optimal working order.

Additionally, jicama is a rich source of vitamin C. Besides boosting the immune system, vitamin C functions as a powerful antioxidant to prevent free radical damage to cells, thus helping to prevent a wide range of chronic diseases. Vitamin C is involved in collagen production, and can keep skin looking healthy and youthful. High levels of vitamin C can also help injuries heal faster.

Note: While the flesh of the jicama root is a great source of nutrition, **be sure not to eat any other part of the plant, including the skin and leaves.** They contain rotenone, an organic toxin that can be harmful if ingested.



Purple Jicama smoothie

Ingredients:

- ◆ 1 tsp ginger
- ◆ 1 beet, sliced
- ◆ 1 cup jicama, sliced
- ◆ 1 loose cup spinach
- ◆ 8 grapes
- ◆ 1/2 cup frozen mango, sliced
- ◆ 1/3 cup orange juice
- ◆ 2/3 cup water

Instructions:

1. Place all ingredients in a blender. Blend on high until smooth.
2. Pour into glasses and enjoy right away.

Jicama and Carrot Spice Juice

Ingredients:

- ◆ 1 cup jicama, peeled and chopped
- ◆ 1/2 a pear
- ◆ 2 carrots with greens
- ◆ 1 tsp ginger

Instructions:

1. Process all ingredients through your juicer.
2. Pour juice over ice and drink right away.



Jicama Salad With Mango

Ingredients:

- ◆ 1 Jicama peeled and sliced
- ◆ 1 red bell pepper, sliced
- ◆ 1 mango, peeled and sliced
- ◆ 1/2 red onion, sliced
- ◆ 1/2 cup cilantro, chopped
- ◆ 2 limes, juiced
- ◆ 1/4 cup honey
- ◆ 1 teaspoon sea salt
- ◆ 1 dash cayenne

Instructions:

1. Place the jicama, pepper, mango, and red onion in a large bowl. Toss to combine.
2. Place the cilantro, lime juice, honey, salt, and cayenne in a bowl. Whisk to create a dressing.
3. Drizzle dressing over salad and serve.

Baked Jicama and Potatoes

Ingredients:

- ◆ 1 cup red potatoes, peeled and chopped
- ◆ 1 sweet potato, peeled and chopped
- ◆ 4 carrots, peeled and chopped
- ◆ 1 large parsnip, peeled and chopped
- ◆ 1 jicama, peeled and chopped
- ◆ 2 turnips, peeled and chopped
- ◆ 5 tbsp olive oil
- ◆ 1/4 cup rosemary, minced
- ◆ 6 cloves garlic, minced
- ◆ 1 tbs sea salt

Instructions:

1. Preheat your oven to 400 degrees.
2. Combine chopped vegetables into a large baking dish.
3. Mix the olive oil, rosemary, garlic, and salt together.
4. Drizzle olive oil mixture over the veggies. Toss to evenly coat.
5. Bake for 35-45 minutes or until the vegetables are soft.



Citrus Jicama Salad

Ingredients:

- ◆ Juice of 3 oranges
- ◆ 1 cup naval orange slices
- ◆ Juice of one lime
- ◆ 1 tablespoon apple cider vinegar
- ◆ 2 tablespoons extra virgin olive oil
- ◆ Pinch of cayenne pepper
- ◆ Salt and pepper to taste
- ◆ 1 jicama, peeled and thinly sliced
- ◆ 2 avocados, peeled and thinly sliced
- ◆ 1 cup crumbled feta cheese
- ◆ 1/4 cup cilantro, chopped

Instructions:

1. Whisk the orange juice, lime juice, vinegar, oil, and seasoning together in a bowl.
2. Add Jicama to the mixture and let sit for 15 minutes.
3. Fold in orange slices and avocados.
4. Top salad with cheese and cilantro.
5. Place in fridge to chill before serving.





Melon

Humans have been enjoying the sweet juicy flesh of melons for over 4,000 years. While melons grow wild in various parts of Africa, they are believed to have originated in different regions of Asia.

Melons are members of the gourd family, cucurbitaceae, which encompasses cucumbers, all variety of squash, pumpkins and more, totaling over 100 different species. The most popular melons consumed in the United States are cantaloupe, honeydew and watermelon, all of which include different sub-varieties.

These warm-weather vine-grown fruits are best-suited to regions with long summer seasons. Melons come in all sizes, some being as small as a softball while others weigh in at over 15 pounds. Cantaloupe and honeydew are noted for their net-like

outer covering while the rind of a watermelon is often shiny and smooth. Their sweet pulpy flesh contains an abundance of seeds except for that of the seedless watermelon, which is a product of hybridization between two different varieties. The resulting “seedless” watermelon contains white seed coatings scattered throughout its red flesh.

Nutritional Profile

Underneath the hearty rind, melons are rich in nutrients including:

- ◆ B Vitamins
- ◆ Carotenoids
- ◆ Copper
- ◆ Fiber
- ◆ Lycopene
- ◆ Magnesium
- ◆ Potassium
- ◆ Vitamin A
- ◆ Vitamin C
- ◆ Vitamin K
- ◆ Zinc



Health Benefits

All varieties of melon contain abundant amounts of vitamins, minerals and phytochemicals. Though most have similar nutrient profiles, each variety has a few key components that make it unique among the melon family.

Cantaloupe is an excellent source of Vitamin A which plays many roles in the body but is particularly important in eye health and warding off eye diseases that can result in blindness or impaired vision. The pale orange flesh contains both alpha- and beta-carotene along with their derivatives lutein, beta-cryptoxanthin and zeaxanthin.

The carotenes along with the flavonoid luteolin, the antioxidant organic acids ferulic and caffeic acid and anti-inflammatory cucurbitacins B and E all found in cantaloupe work synergistically in many ways to protect against metabolic syndrome. This increasingly more common condition

includes high blood pressure, blood fats and blood sugar combined with excessive oxidative stress and inflammation in the body. Researchers have found that individuals who consume the most cantaloupe experience a decreased risk of developing metabolic syndrome.

Honeydew melon is similar in size and shape to that of the cantaloupe yet the inner flesh is a pale green color. Though not as sweet as its cousin, the honeydew is an excellent source of several trace minerals including copper, which aids in cell regeneration along with muscle and tissue repair. The honeydew also boasts similar potassium concentrations to that of a banana yet with less than half the calories.

Numerous species of watermelon exist ranging in small sizes with an abundance of seeds to far larger and seedless varieties. Rich in numerous phytonutrients, the watermelon is the most commonly consumed fruit-based source of the carotenoid lycopene in



the United States. Lycopene plays an important role in cardiovascular health as does the amino acid citrulline, also found in abundance in watermelons.

Citrulline is converted into another amino acid, arginine, by the kidneys. Once converted, arginine is responsible for improving blood flow throughout the body, greatly decreasing the risk of developing cardiovascular disease or stroke.

Selecting ripe melons is important as their phytonutrients content increases as they ripen. Ripe melons should weigh slightly heavier than you would expect. This is due to the increased water content of ripe melons versus their less ripe counterparts. A slight tap on the melon will also help determine it's ripeness. If the resounding sound is deep, then the fruit is more ripe. A hollow light sound means the melon needs more time to fully reach its peak ripeness.

Cucumber Melon Juice

Ingredients:

- ◆ 1 1/2 cucumbers
- ◆ 1 lime, peeled
- ◆ 3/4 cup honeydew melon, chopped
- ◆ 1 inch of ginger root

Instructions:

6. Process all ingredients through your juicer.
7. Serve over ice.



Cold Melon Soup

Ingredients:

- ◆ 6 cups ripe melon, cubed
- ◆ 1/2 cup seedless cucumber, diced
- ◆ 6 tablespoons lime juice, divided
- ◆ 1 tablespoon scallion, thinly sliced
- ◆ 1 jalapeno pepper
- ◆ 1 cup cold water
- ◆ 1 2-inch strip orange zest
- ◆ 1/2 cup orange juice
- ◆ 1 teaspoon fresh ginger, chopped
- ◆ 1/2 teaspoon sea salt
- ◆ 2 teaspoons mint leaves, sliced
- ◆ 6 teaspoons greek yogurt for garnish

Instructions:

1. Put 1 cup melon, cucumber, 2 tablespoons lime juice, and the scallion in a bowl. Toss to combine.
2. Place remaining melon, 4 tablespoons lime juice, jalapeno, water, orange zest, orange juice, ginger and salt in a blender. Blend until creamy.
3. Refrigerate the mixture for 2 hours.
4. Stir in the scallion mixture, and serve garnished with mint and yogurt.



Tri Melon Chiller

Ingredients:

- ◆ 2 cups watermelon, chopped and seeds removed
- ◆ 1 cup honeydew melon
- ◆ 1 cup cantaloupe melon
- ◆ 1/2 ice cube
- ◆ 1/2 cup carbonated water

Instructions:

1. Place the melons and ice in a blender. Process Until smooth.
2. Add the carbonated water and puree until smooth.



Chili Melon Salad

Ingredients:

- ◆ 1 cup honeydew melon, diced
- ◆ 1 cup cantaloupe melon, diced
- ◆ 1 cup watermelon, diced
- ◆ 1 cup ambrosia melon, diced
- ◆ 1/2 teaspoon sea salt
- ◆ 1/2 a serrano chili pepper, minced
- ◆ 3 tablespoons lime juice
- ◆ 10 fresh spearmint leaves, sliced

Instructions:

1. Put the melon and salt in a bowl. Toss to combine.
2. Add lemon juice and chili pepper. Toss again.
3. Add mint leaves and toss. Chill for 30 minutes before serving.



Simple Watermelon Pops

Ingredients:

- ◆ 2 1/2 cups de-seeded watermelon
- ◆ 2 tablespoons lime juice

Instructions:

1. Blend the watermelon and lime juice in a blender until smooth.
2. Pour into popsicle molds, cover, add sticks and freeze.



Peppers



While a wide range of peppers exist, they all stem from the same plant known as

Capsicum annuum and are members of the nightshade family. This family also includes potatoes, tomatoes and eggplant.

Peppers have been cultivated for over 9,000 years, originating in South and Central America. Thanks to their hardiness and ability to tolerate most climates, peppers can be found growing just about anywhere. China produces the most pepper crops from a global standpoint, followed by Mexico and the United States where the largest pepper-producing states are California and Florida.

Hot peppers differ from sweet and bell peppers in capsaicin concentration. Capsaicin is the phytonutrient



responsible for giving peppers their “heat.” While bell peppers lack the fire associated with the chili and cayenne varieties, they contain just enough to offer the numerous health benefits associated with this potent phytonutrient.

Nutritional Profile

Whether you like them hot or not, peppers supply an ample amount of nutrients including:

- ◆ B-complex vitamins
- ◆ Fiber
- ◆ Folate
- ◆ Manganese
- ◆ Pantothenic Acid
- ◆ Phosphorous
- ◆ Potassium
- ◆ Vitamin A
- ◆ Vitamin C
- ◆ Vitamin E
- ◆ Vitamin K

Health Benefits

Peppers are an excellent source of the antioxidant vitamin C, supplying more than twice the amount of an orange in one cup. Beyond their superior vitamin C concentration, they reign supreme among other fruits and vegetables in terms of carotenoids as they contain over 30 different members of the carotenoid family. Together, these potent antioxidants offer numerous health benefits including protection from various inflammatory and degenerative diseases caused by free radicals.

Peppers also contain 3.14 milligrams per cup of two extremely important antioxidants, lutein and zeaxanthin. In the human body, lutein and zeaxanthin are found in the macula of the eye and are essential for protecting the delicate tissue from oxidative damage. Over time, this damage can lead to a condition called age-related macular degeneration that can cause



vision-loss. Luteolin can also be found in abundance in peppers, providing anti-inflammatory protection as well.

Enzymes such as cysteine and S-conjugate beta-lyases are found in abundance in all pepper varieties. These enzymes, in conjunction with the sulfur-containing compounds also found in peppers, have been found to exhibit numerous anticancer properties and are especially protective against gastric and esophageal cancers.

The “hot” variety of peppers including cayenne, jalapeno and chili contain a higher concentration of capsaicin. Capsaicin has been found to provide anticancer, anti-carcinogenic, anti-diabetic and analgesic benefits. Bell peppers contain smaller quantities of capsaicin yet still yield a majority of the phytonutrient’s many benefits.

Though very low in calories, peppers contain just enough fat so that their fat-soluble nutrients such as vitamins A and E, are easily absorbed and utilized by the body.

Peppers come in all shapes, sizes and colors. While green and red are most popular, yellow, orange, black, purple and brown varieties exist as well. Color should not be used as an indicator of ripeness. All green peppers will eventually turn red, yet they are often past peak ripeness at that point.

It is important to consume ripe peppers as their vitamin C and A concentrations increase over time. Ripe peppers should feel slightly heavy and be free of any soft spots. Nutrient content greatly decreases with heat, so the best way to prepare peppers is to heat them over very low heat for only a few minutes.



Savory Pepper Smoothie

Ingredients:

- ◆ 1 handful spinach
- ◆ 1 bell pepper, seeded
- ◆ 1/2 avocado
- ◆ 2 cloves garlic
- ◆ 2 tomatoes
- ◆ 2 cups water

Instructions:

Process all ingredients together in a blender. Pour into glasses and serve.



Bell Pepper Salad

Ingredients:

- ◆ 6 ounces baby spinach
- ◆ 1 red pepper, chopped
- ◆ 1/2 cup grated parmesan cheese
- ◆ 1/4 cup olive oil
- ◆ 1/4 cup sherry vinegar

Instructions:

1. Put the spinach, pepper and cheese in a large bowl. Toss well to combine.
2. Whisk the olive oil and vinegar together. Drizzle over salad and serve.



Multi Color Pepper Soup

Ingredients:

- ◆ 1 green pepper, halved
- ◆ 1 red pepper, halved
- ◆ 1 orange pepper, halved
- ◆ 1 yellow pepper, halved
- ◆ 8 cloves garlic, peeled
- ◆ 1/2 lemon
- ◆ 3 cups vegetable broth
- ◆ 1/4 teaspoon salt
- ◆ 1/4 teaspoon pepper
- ◆ 1 teaspoon fennel seed
- ◆ 1/4 teaspoon dried thyme



Instructions:

1. Preheat oven to 375 degrees F.
2. Place the pepper halves face up in a baking dish. Place a clove of garlic in each pepper half. Squeeze the lemon over the peppers.
3. Roast the peppers in the oven for 1 hour.
4. Pour vegetable broth in a saucepan. Add seasoning. Bring the mixture to a boil.
5. Remove peppers from the oven and allow to cool. Remove the skins from the peppers.
6. Strain the fennel seeds out of the broth and return to a boil. Simmer for about 15 minutes.
7. In batches, puree the broth and peppers until done. Return to pot, heat through and serve.



Sauteed Pepper with Onions

Ingredients:

- ◆ 6 yellow onions, sliced
- ◆ 1/4 cup coconut oil
- ◆ 2 red bell peppers, sliced
- ◆ 2 yellow bell peppers, sliced
- ◆ 2 cloves garlic, minced
- ◆ 1/4 cup sherry vinegar
- ◆ 1 tablespoon tomato puree
- ◆ 1 teaspoon red pepper flakes
- ◆ 1 teaspoon salt
- ◆ 1/2 teaspoon red pepper

Instructions:

1. Put the oil in a skillet and heat it over medium heat.
2. Add the onions and saute for 20 minutes.
3. Add remaining ingredients to the skillet, stir to combine and cook for an additional 10 minutes.



Free Range Chicken

Humans have been raising fowl since 2000 B.C. Throughout history, the number of chickens kept for food, eggs or pet purposes has fluctuated significantly. During certain eras, chicken meat and eggs were considered luxury foods while during other times they were considered staples.

Today, chicken is consumed in vast quantities worldwide. The commercial production of chickens for food purposes has seen a dramatic growth since the 1980s and the numbers continue to climb. In 2010, commercial production of chicken meat reached



35 billion pounds and experts believe that number will hit 40 billion pounds by 2020.

The United States is the world's leading producer of broiler chickens (chickens raised for food purposes), with the average American adult consuming between 75 and 80 pounds of chicken each year.

Thanks to the major growth in the mass production of commercial chicken products, several guidelines had to be placed in order to restrict which types of meat can bear a specific label. Free-range chickens must be exposed to an outside environment, yet the regulation does not specify under what conditions or for what timeframe. When purchasing free-range chickens it is important to purchase organic products as these birds were allowed pasture access and not confined for purposes other than veterinary care or transportation. Similarly, a "pasture-raised" bird had access to an outdoor space measuring ten square meters per bird.

Nutritional Profile

Free range birds who have access to their natural living conditions, which includes the ability to eat bugs, provide far superior meat and eggs to their commercially processed counterparts. Aside from better tasting meat and eggs, free range chicken provides higher concentrations of several nutrients including:

- ◆ B complex-vitamins
- ◆ Copper
- ◆ Iron
- ◆ Magnesium
- ◆ Phosphorous
- ◆ Protein
- ◆ Selenium
- ◆ Zinc

Health Benefits

Chicken is an excellent source of lean protein providing 35 grams in just four ounces. The calorie content is similar in both white and dark meat yet the total fat content drops from 7.8 grams in dark to 3.5 grams in white.



Aside from being an excellent source of protein, free range chicken also contains the branch chained amino acids, leucine, isoleucine and valine. These three amino acids play a vital role in skeletal muscle repair and recovery as well as maintaining cardiac muscle health.

Free range chicken also provides the full range of vital B vitamins. These include B1, B2, B3, B5, B6, folate, biotin and choline. Each individual component in this family of vitamins plays important roles in several metabolic functions in the body. One four-ounce serving provides 98 percent of the recommended daily intake of vitamin B3, 40 percent of vitamin B6 and 20 percent of choline. Furthermore free range chicken provides an ample supply of minerals including zinc, copper, phosphorous, magnesium and iron as well as 57 percent of the recommended daily intake for selenium. Selenium is especially important for thyroid hormone metabolism, liver detoxification and provides several anti-cancer properties.

Increased risk of developing colorectal cancer has been linked to heavy consumption (five ounces or more daily) of red meat, yet this same link has not been established for increased consumption (up to four ounces daily) of lean meats such as chicken or turkey.

While a healthy food, commercially produced chickens lack the nutrient content of the free range variety, evidence of which can be seen when comparing the eggs of both birds. Free range chicken eggs contain:

- ◆ 1/3 less cholesterol
- ◆ 1/4 less saturated fat
- ◆ 2/3 more Vitamin A
- ◆ Twice the amount of Omega 3 fatty-acids
- ◆ Three times as much vitamin E
- ◆ Seven times as much beta-carotene

The main reason for this drastic difference in nutrient composition stems from the inferior diet of caged chickens. These birds are often fed inexpensive feeds comprised of poor



quality corn, soy and cottonseed meals combined with growth hormones, meat and bone meal, antibiotics and other chemicals. Free range birds are allowed to forage on foods natural to their diet as well as move and exercise their bodies as they are supposed to do. Organic birds are never treated with antibiotics, growth hormones or fed feeds with chemicals and additives.

When selecting chicken, free range organic is always the safest choice. Also look for “Animal Welfare Approved” or “pasture-raised” to ensure the birds were allowed to forage in their natural environment.



Chicken Omelet

Ingredients:

- ◆ 3 eggs, beaten
- ◆ 2 green onions, chopped
- ◆ 1/4 cup cooked diced chicken
- ◆ 2 tablespoons coconut oil
- ◆ 1 tablespoon parmesan cheese
- ◆ Salt and pepper to taste

Instructions:

1. Melt coconut oil in a pan over medium heat.
2. Pour eggs into pan. Cook for one minute.
3. Lift one edge of the omelet up and tilt the pan so the uncooked egg flows under. Cook for an additional minute or two until the egg is cooked through completely.
4. Place the onions, chicken and cheese on top of the egg. Cook until heated through.
5. Serve seasoned with salt and pepper.



Sauteed Herb Chicken

Ingredients:

- ◆ 2 tablespoons olive oil
- ◆ 2 boneless skinless chicken breasts
- ◆ Salt and pepper to taste
- ◆ 1 tablespoon lime juice
- ◆ 3 tablespoons chicken broth
- ◆ 2 tablespoons grated ginger
- ◆ 1/4 cup fresh basil leaves, torn
- ◆ 1/4 cup fresh mint leaves, torn

Instructions:

1. Heat oil in a skillet on medium high heat.
2. Season the chicken and cook in pan for 5 minutes on each side. Remove from pan.
3. Put lime juice, chicken broth, and ginger in the pan. Bring mixture to a boil then add the fresh herbs.
4. Serve the chicken topped with the herb sauce.

Strawberry Chicken Salad

Ingredients:

- ◆ 2 cups roasted skinless chicken breasts, chopped
- ◆ 2 cups strawberries, sliced
- ◆ 2 celery stalks, chopped
- ◆ 1/2 an onion, chopped
- ◆ 2 tablespoons raisins
- ◆ 1 tablespoon sesame seeds
- ◆ 1 tablespoon fresh tarragon chopped
- ◆ 1 tablespoon extra virgin olive oil
- ◆ 1 tablespoon balsamic vinegar
- ◆ Salt and pepper to taste
- ◆ 4 cups salad greens

Instructions:

1. Combine the chicken, strawberries, celery, onion and raisins in a large bowl.
2. Whisk the sesame seeds, tarragon, olive oil, vinegar, and salt and pepper together.
3. Add the chicken mixture with the greens and top with dressing. Toss to evenly coat.



Chicken and Rice Soup

Ingredients:

- ◆ 1 tablespoon butter
- ◆ 1 onion, chopped
- ◆ 3 stalks celery, chopped
- ◆ 3 carrots, chopped
- ◆ 1 teaspoon grated garlic
- ◆ 6 cups chicken broth
- ◆ 1 cup water
- ◆ Salt and pepper to taste
- ◆ 2 cups cooked rice
- ◆ 2 cups cooked chicken, cubed
- ◆ 2 tablespoons fresh parsley, chopped

Instructions:

1. Melt the butter in a pot over medium heat until it starts to bubble.
2. Add the onions, celery, carrots, and garlic. Cook until vegetables are soft.
3. Add the chicken broth and water and season with salt and pepper. Bring mixture to a boil.
4. Stir in rice, chicken and parsley. Cook until heated through.

Olive Oil Baked Chicken

Ingredients:

- ◆ 4 lbs chicken breasts, thighs, wings, or drumsticks
- ◆ Olive oil
- ◆ Salt and pepper to taste

Instructions:

1. Preheat oven to 400 degrees F.
2. Coat a baking pan with olive oil. Rub olive oil all over each piece of chicken and place in pan.
3. Sprinkle salt and pepper evenly over the chicken pieces.
4. Cook for 30 minutes. Lower the heat to 350 degrees and cook for 30 more minutes.
5. Broil for 5 minutes or until brown and serve.





Turnip

Perhaps one of the earliest vegetables cultivated by humans, turnips date back as far as recorded history can account for and are thought to have originated in the Near East. The ancient Asian cultures believed turnips had the ability to increase the “qi” or energy and was a blood booster and detoxifier.

The ancient Greeks and Romans are responsible for having developed the numerous varieties of turnip, a vegetable they held in high esteem. The popularity of the root vegetable spread throughout Europe as its ease of cultivation and storage made it desirable among all classes. In fact, it was known as the “poor man’s food” during the Middle Ages thanks to its ability to be grown in all manner of terrain and weather.

The turnip was introduced to North America by early European explorers and cultivation thrived on the new continent. They grew particularly well in the South and the root as well as the greens today are known for their role in traditional Southern cuisine.

Nutritional Profile:

Don’t let the turnip’s unassuming appearance fool you. The vegetable as well as the greens of this versatile root vegetable provide several nutrients including:

- ◆ Calcium
- ◆ Copper
- ◆ Fiber
- ◆ Iron
- ◆ Magnesium
- ◆ Phosphorus
- ◆ Potassium
- ◆ Selenium
- ◆ Sodium
- ◆ Vitamin C
- ◆ Zinc



Health Benefits

The turnip is a member of the cabbage family, thus making it a cruciferous vegetable. This family of vegetables are known primarily for a vast quantity of cancer-fighting phytonutrients. Turnips in particular are high in the compound indole-3-carbinol, a phytonutrient responsible for increasing the body's ability to break down estrogen. Several cancers are linked with high quantities of this hormone, indole-3-carbinol's ability to reduce estrogen provides protection from estrogen-dependent cancers like breast cancer.

The root itself absorbs the minerals from the surrounding soil, which is why organic soil is a must for producing nutritious turnips. In general, turnips provide sodium, potassium, calcium, phosphorus, iron, selenium, copper and zinc, though the concentration is based on the quality of the soil. Turnip roots are also a very good source of vitamin C, supplying 45 percent of the daily recommended intake in one cup

as well as good sources of thiamin, niacin, riboflavin and vitamin B6.

Though low in fat, the quality of the fat found in turnips are of the heart-healthy polyunsaturated variety, omega-3 and omega-6. And in terms of vegetables, turnips are considered a high-protein veggie as 16 percent of their calories come from protein.

The greens of the turnip are bursting with nutrients as well. Though having a somewhat bitter taste, the distinctive flavor is thanks to their incredibly high concentration of calcium. The greens of a turnip provide four times as much bone-building calcium than the more mild-flavored cabbage leaves and double that of the already calcium-rich mustard green leaves.

Turnip greens also outscore other cruciferous vegetables in anti-cancer compounds. Cabbage, kale, cauliflower and broccoli all fall short of the immense concentration of glucosinolates found in these rich green leaves. Glucosinolates are phytonutrients that are converted to



isothiocyanates in the body. Isothiocyanates are anti-cancer compounds that help protect against numerous cancers as well as aid in detoxification.

Turnips come in a variety of shapes, sizes and colors including purple, pink or green, though the purple-top turnip is the most commonly cultivated one today. Often confused with being a yellow turnip is the rutabega. Though similar in appearance, the rutabega is a cousin to the turnip with unique health benefits all its own.

Turnips should be smooth and heavy for their size. Stems should be removed and consumed within a few days whereas the turnip can be stored in a root cellar for up to four months or in the crisper drawer of the refrigerator for a few weeks.



Super Turnip Smoothie

Ingredients:

- ◆ 1 apple, chopped
- ◆ 1 pear, chopped
- ◆ 1 turnip, chopped
- ◆ 1 peach, cored
- ◆ 1 stalk celery
- ◆ 1 small tomato
- ◆ 1 carrot
- ◆ Dash of salt
- ◆ Dash of cinnamon
- ◆ 1 teaspoon lemon juice
- ◆ 2 teaspoon ground flax seed
- ◆ 1/2 cup frozen strawberries
- ◆ 1/2 cup spinach leaves
- ◆ 1/2 cup turnip greens

Instructions:

Place all ingredients in a high powered blender. Mix until smooth and serve.



Turnip Chips

Ingredients:

- ◆ 2 turnips, peeled and thinly sliced
- ◆ 3 tablespoons olive oil
- ◆ 1/2 teaspoon salt
- ◆ 1/4 teaspoon pepper

Instructions:

1. Preheat oven to 400 degrees F.
2. Place the turnips in a bowl. Drizzle with oil and salt and pepper. Toss to coat evenly.
3. Spread the chips out in a thin layer on 2 baking sheets. Bake for 20 minutes or until crispy.
4. Let turnips cool for 10 minutes before serving.



Turnip Veggie Slow Cooker Soup

Ingredients:

- ◆ 1 tablespoon extra virgin olive oil
- ◆ 1 onion, minced
- ◆ 2 cloves garlic, minced
- ◆ 4 baby turnips, chopped
- ◆ 2 stalks celery, chopped
- ◆ 2 carrots, chopped
- ◆ 1 can diced tomatoes
- ◆ 4 cups vegetable or chicken broth
- ◆ 1 tablespoon fresh basil, chopped
- ◆ Salt and pepper to taste

Instructions:

1. Heat oil in a skillet over medium heat. Add onion and garlic and cook until soft. Transfer to a slow cooker.
2. Add turnips, celery, carrots, tomatoes and broth. Cook on low for at least 6 hours.
3. Stir in basil and salt and pepper just before serving.



Shredded Turnip Salad

Ingredients:

- ◆ 6 small turnips, peeled and ends trimmed
- ◆ 2 carrots, peeled
- ◆ 1 large apple, peeled and cored
- ◆ 1 tablespoon lemon juice
- ◆ 1 tablespoon finely chopped onion
- ◆ 3 tablespoons extra virgin olive oil
- ◆ 1 tablespoon apple cider vinegar
- ◆ 1-1/2 teaspoons fresh parsley, chopped
- ◆ Salt and pepper to taste

Instructions:

1. Using a shredding disk, shred the turnips, carrots, and apples in your food processor.
2. Place shreds in a bowl. Add remaining ingredients and toss to coat.
3. Chill for 1 hour.



Carob

Carob (*Ceratonia siliqua*), a pod sometimes used in the place of chocolate, has been relatively controversial in recent years as to whether it is an adequate replacement. Whether or not it satisfies your chocolate craving, however, carob has the nutritional characteristics of a superfood, and is worth a fair try.

The carob tree is a tall evergreen which is actually a member of the pea family. This ancient tree is native to the Mediterranean, and has been used by people in this region for thousands of years. Carob pods are also known as locust bean and Saint John's Bread, and are traditionally consumed (either in pulp or juice form) on both Jewish and Muslim holidays. Ancient Egyptians used an extract of these pods to preserve fruits.



Carob pods are fibrous and contain a sweet, brown pulp, as well as small, hard seeds. The tree itself can reach up to 55 feet tall, and has deep green, leather-like leaves and small red flowers. Many people who are allergic to cocoa find carob to be a welcome substitute. It is commonly found in powder form.

Nutritional Profile

Each carob pod is filled with:

- ◆ Calcium
- ◆ Choline
- ◆ Fiber
- ◆ Folate
- ◆ Iron
- ◆ Magnesium
- ◆ Omega-3 fatty acids
- ◆ Phosphorus
- ◆ Potassium
- ◆ Protein
- ◆ Selenium
- ◆ Vitamin A
- ◆ Vitamins B2 and B3
- ◆ Vitamin E

Health Benefits

Carob pods are rich in antioxidants, including flavonoid antioxidants, quercetin and myricetin.

These polyphenols all have potent anti-inflammatory and disease-fighting properties, and can help prevent a large range of chronic conditions from developing. The tannins contained in carob also have gallic acid, another antioxidant compound that has been found to have antibacterial, antiviral and antifungal properties. Gallic acid also has antiseptic properties, and may therefore help in cases of internal hemorrhaging, and has been linked to having the potential to fight cancer cells.

The fiber content of carob helps to improve digestion, boosts feelings of satiety following a meal, keeps blood sugar levels stable, and is essential to heart health. The omega-3 fatty acids in carob also contribute to a healthy cardiovascular system. Carob may help lower LDL 'bad' cholesterol levels, and has also been traditionally used to treat diarrhea.



Carob is a good source of protein, and can also boost bone health, thanks to its combination of calcium and phosphorus. These minerals can help prevent the onset of age-related bone disorders such as osteoporosis. The vitamin A content in these sweet, ancient pods is vital to eye and skin health.

What's more, singers have traditionally chewed the husks of carob pods in order to clear their voice and throat.

Carob Milkshake

Ingredients:

- ◆ 3 organic frozen bananas, sliced
- ◆ 3/4 cup almond milk
- ◆ 1 1/2 teaspoons carob powder
- ◆ 1 tablespoon raw honey
- ◆ 1/2 teaspoon vanilla

Instructions:

Place all ingredients in your blender. Mix until smooth and creamy. Serve as a breakfast or dessert.

Carob Hot Chocolate Alternative

Ingredients:

- ◆ 4 cups organic milk
- ◆ 4 tablespoons carob powder
- ◆ 1 tablespoon raw honey
- ◆ 1 teaspoon vanilla extract

Instructions:

1. Combine all ingredients in a saucepan with a whisk.
2. Heat, stirring constantly until desired temperature is reached.



Vegan Raw Carob Cookies

Ingredients:

- ◆ 3/4 cup raw cashews
- ◆ 1/4 cup carob powder
- ◆ 1 cup organic sun-dried raisins

Instructions:

1. Process all ingredients through a food processor.
2. Use your hands to shape the dough into balls and place on a cookie sheet or in baking dish.
3. Place in the fridge until firm then serve.



Raw Carob Protein Bars

Ingredients:

- ◆ 1/2 cup flaxseed meal
- ◆ 2 tablespoons coconut flour
- ◆ 2 tablespoons sesame seeds
- ◆ 10 tablespoons organic protein powder
- ◆ 3 tablespoons carob powder
- ◆ 1/8 teaspoon coconut sugar
- ◆ 1/3 cup almond butter
- ◆ 2 tablespoons coconut oil
- ◆ 1 teaspoon vanilla extract
- ◆ 1/2 cup water

Instructions:

1. Place all dry ingredients in a large bowl. Toss to combine.
2. Mix the coconut oil, almond butter, vanilla and water in another bowl. Stir into dry ingredients. Mix well.
3. Place mixture into a greased baking pan. Press firmly into the bottom of the pan.
4. Top the pan with wax paper and chill for at least 3 hours.



Orange Carob Ice Cream

Ingredients:

- 1 1/2 cups organic milk
- 1/2 cup organic heavy cream
- 1/2 cup organic coconut sugar
- 3 tablespoons carob powder
- 3 tablespoons organic orange juice

Instructions:

1. Mix all ingredients together in a large bowl.
2. Pour mixture into your ice cream maker and follow the manufacturer's instructions to make the ice cream.

Notes:

Look for raw and organic carob powder online or at a health food store.

